

Games

Bingo : No registration. \$1 at door. Prizes; refreshments served.

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. Refreshments served.

Farkle: No registration. \$1 at door. Refreshments served.

Recurring Activities

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

Sewing On the Line Quilt Guild: Share ideas while learning new skills and contribute to the community by donating quilts to area charities.

Sing-a-long Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

Yarn Connection: Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee.

Exercise Classes

Chair-side Exercise: Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

Move It or Lose It: Range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Vita Band: Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Walk for Health: Meet in alternating locations around Leavenworth County for a group walk. All fitness levels welcome. See calendar for locations. No registration or fee.

Council on Aging Policies

The programs and events listed on the calendar are held at the *Council on Aging*, 1830 S. Broadway, unless otherwise noted. Please refer to the individual flyer on each function for more detailed information or call 684-0777.

Age Eligibility: All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department, 684-0777, for information.

Registration and Payment Policy:

All activities, programs and events require registration unless noted. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA. A trip lottery with a deadline of one month before the trip will be utilized to allow equal opportunity to attend day trips.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund. Cancellation less than 3 business days will not be refunded.

Transportation: If you need transportation to and from any function please call the transportation desk, 684-0778 or 684-0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

Consumer Rights: All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint. Please contact the Director at (913) 684-0777.

For the hearing impaired TTY # 1-800-766-3777

LEAVENWORTH COUNTY COUNCIL ON AGING

NOVEMBER 2021

Leisure & Learning Program Calendar of Events



1830 S. Broadway
Leavenworth, KS,
66048
Telephone: 684-0777
Fax: 684-0779

E-mail: seniors1st@leavenworthcounty.gov
Website: www.leavenworthcounty.gov/COA

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	New Events
1 VitaBand Exercise 8:30 –9:30am Coffee Group 9:00-10:00am Move It or Lose It exercise class 9:30 -10:00am Grief Support Group 10:30-11:30am	2 Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm	3 Chair-side Exercise 8:30–9:30am Move It or Lose It exercise class 9:30 -10:00am Bingo 1:00-2:30pm	4 COA Community Outreach at Exchange Bank in Easton 10:00-11:00am Mystery Breakfast 8:00am	5	Mystery Breakfast: Hop on board for a mystery trip! We will venture out of the county to try a new breakfast spot that's sure to be a new favorite. RSVP; prepay \$7 for transportation. Breakfast meal cost on your own.
8 VitaBand Exercise 8:30 – 9:30am Move It or Lose It exercise class 9:30 -10:00am	9 Let's Roll with Sister Vicki* 11:00—3:30pm Book Review 10:00-11:00am	10 Chair-side Exercise 8:30–9:30 am Move It or Lose It exercise class 9:30 - 10:00am Caregiver Support Group @ Tonganoxie Riford Center 1:00-2:30pm Game Time 1:00-3:00pm	11 Closed Veterans Day	12 Around Emily's Kitchen Table 11:00am-12:30pm	Around Emily's Kitchen Table: Cooking class featuring cranberry turkey sliders. RSVP; prepay by Oct. 12.; \$6 includes demo, recipes and lunch.
15 VitaBand Exercise 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It exercise class 9:30 - 10:00am	16 Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm Holiday Lights Trip Lottery	17 Chair-side Exercise 8:30–9:30am Move It or Lose It exercise class 9:30 -10:00am Bingo 1:00-2:30pm Muffins and Mammos 9:00-11:00am	18 COA Community Outreach at Basehor Library 9:00-10:00am Yarn Connection Group 1:00-3:00pm	19 Thanksgiving Feast 1:00pm	Holiday Lights Trip December 1: Evening Holiday Lights tour leaving from COA. Enjoy dinner at Black Bear Diner and see the lights at Deanna Rose Farmstead Dec. 1. Call by Nov. 16 to add your name to the list.
22 VitaBand Exercise 8:30 – 9:30am Move It or Lose It exercise class 9:30 - 10:00am	23 Let's Roll with Sister Vicki* 11:00—3:30pm	24 Chair-side Exercise 8:30 – 9:30 am Move It or Lose It exercise class 9:30 - 10:00am Farkle 1:00-3:00pm	25 Closed Thanksgiving	26 Closed Thanksgiving	Thanksgiving Feast: Enjoy a Thanksgiving feast without the cooking! Leave the cooking to us; this is no longer a potluck dinner. We will provide the full lunch this year so you can enjoy a pre-holiday celebration with friends. Space is limited! Please RSVP by 11/12; prepay \$5 for lunch.
29 VitaBand Exercise 8:30 – 9:30am Move It or Lose It exercise class 9:30 - 10:00am	30 Let's Roll with Sister Vicki* 11:00—3:30pm		 Sponsored by: Council on Aging 1830 S. Broadway Leavenworth, KS,		

*For additional information about *Let's Roll with Sister Vicki*, please contact Elaine Belardo at *The Deeper Window Association*: (301) 676-7538.
Newly-added activities are represented in bold print.